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U.S. SALT GUIDELINES COULD KILL FLAVOUR TO SAVE LIVES

FDA'S VOLUNTARY STANDARDS MIGHT MAKE A SIGNIFICANT IMPACT, BUT CRITICS SAY IT ISN'T WORTH ITS SALT PAGE 5

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A DRAG-OUT DRAW

Mexico's Rafael Marquez collides with Brazilian poster-boy Neymar during World Cup action in Fortaleza, Brazil, on Tuesday. No team has fared better against Brazil over the last 15 years than Mexico, which held the host nation to a scoreless draw. Story, page 11. EDUARDO VERDUGO/THE ASSOCIATED PRESS

Pipeline approval a boon for the province: Minister

Northern Gateway. Feds' conditional go-ahead means 'good jobs and good investment dollars' for Saskatchewan: Boyd

Energy Minister Bill Boyd says the federal government's conditional approval of the Northern Gateway project is good news for Saskatchewan, even though the province isn't pumping oil into the pipeline.

Boyd said on Tuesday that the pipeline will help address concerns Saskatchewan has about overall capacity, and about getting oil to international markets.

"It's huge for Saskatchewan. It's certainly a step in the right direction," Boyd told reporters at the legislature in Regina, noting the significant role of the oilpatch in the provincial economy.

"We have a huge number of jobs as a result of these projects — a huge amount of investment here in Saskatchewan. These are good jobs and good investment dollars for our province."

He added, as well, that better international prices will lessen what's called the differential — a price gap between light and heavy oil.

"When we ship oil just simply into one market in the U.S., we lose the differential," he explained.

"That alone amounts to about $300 million to our economy on an annual basis."

Ottawa has given a conditional green light to the Northern Gateway pipeline, which would connect Alberta oilsands to the British Columbia coast.

The decision is contingent on Enbridge satisfying 209 conditions and holding more consultations with aboriginal communities.

Despite those conditions, Boyd said the provincial government is "very hopeful" that the pipeline will proceed.

"This is very important to Saskatchewan," he added, citing the importance of "science-based evidence" in decisions on such projects.

"We think this can be done in a responsible and environmentally and socially responsible way."

THE CANADIAN PRESS WITH FILES FROM ROSS ROMANIUK/METRO

Conditions

209

The federal government's decision is contingent on Enbridge satisfying 209 conditions and holding more consultations with aboriginal communities.

MORE PIPELINE COVERAGE, PAGE 3

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Wollaston Lake

RCMP look into ATV crash that badly hurt officer

RCMP are investigating after an off-duty officer in rural Saskatchewan was severely injured in a crash involving a detachment's all-terrain vehicle.

On June 10 at about 1:30 a.m., the 10-year member of the force was seen using the ATV by a patrolling RCMP officer in the Wollaston Lake area.

The ATV subsequently rolled while turning a corner, throwing the driver, who wasn't wearing a helmet. The male officer sustained serious head injuries and was taken to a Saskatoon hospital.

An internal investigation has been launched to determine why the officer was using the vehicle while off-duty.

"We're looking into not only the cause of the collision itself, but the events that led up to the collision ... like what the member is doing prior to the collision," RCMP spokesman Sgt. Craig Cleary told media on Tuesday.

According to Cleary, RCMP members are permitted to sign out and use equipment while off-duty to attend community outreach events, check detachment areas or practise their skills.

Members who use such an ATV, however, are required to take a course to operate it. Helmet use is also mandatory.

"It's a sad reminder ... that situations like this exemplify the fact that people do need to wear proper safety gear when utilizing these pieces of equipment," Cleary said.

Cleary wouldn't confirm the officer's condition in hospital, though a chaplain has been in close contact with his family and detachment members.

The Wollaston Lake detachment will probe the incident separately from the RCMP's general investigation section and regional accident reconstructionists.

SARAH TAGUIAM/METRO

Province urged to investigate its own community planning process

Subdivision review.
RM of Sherwood hits back after announced probe of Wascana Village development

Sherwood Deputy Reeve Tim Probe said on Tuesday that he wants the province to expand its inspection into the RM's handling of the Wascana Village project, to delve into processes within the Ministry of Government Relations.

MARCO VIGLIOTTI/METRO

The Rural Municipality of Sherwood is pressing the province to investigate its own application process for subdivisions following the Saskatchewan government's decision to review the Wascana Village development.

Sherwood Deputy Reeve Tim Probe wants the province to expand the terms of reference for its inspection into the RM's handling of the project to include the "approval process" within the community planning branch of the Ministry of Government Relations.

"We've waited on several projects ... It's just way too long," Probe told reporters at the RM's Regina office on Tuesday.

"There has been and continues to be tremendous interest from local, national and international developers and investors in the RM of Sherwood, so we need to get this process rectified."

Wascana Village — slated to be built just outside Regina's southeast boundary — is planned to include single-family homes, townhouses, a seniors' assisted-living facility and schools.

It's expected to become home to some 14,000 people once completed.

Government Relations Minister Jim Reiter announced on Monday that his department is beginning an independent probe of the subdivision's application process, partly due to concerns within provincial departments and Crown corporations about the potential impact of Wascana Village on water and highway access.

Responding to Probe's concerns, Reiter said in a statement that the province will not expand the investigation "as work on the process has already begun."

Reiter added, however, that he "will consider other approaches to address these concerns in the near future."

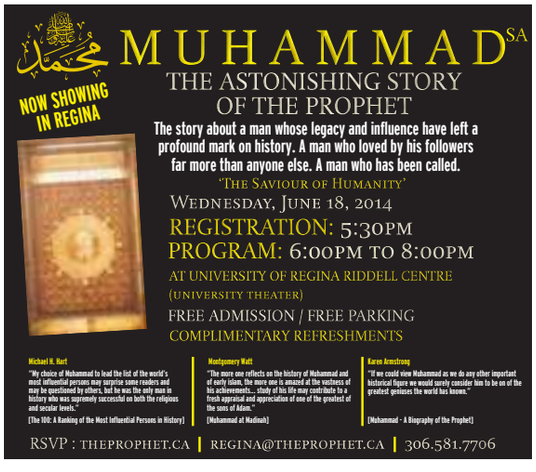
Another issue in the provincial inspection is property owned by Sherwood Reeve Kevin Eberle in the area planned for Wascana Village.

Probe, though, said Eberle has disclosed any potential conflict of interest and recused himself from related deliberations.

Great Prairie Development Corp., Wascana Village's developer, said it will co-operate with the inspection.

"Great Prairie has invested in the RM of Sherwood over the past 3-1/2 years because of the ethical and professional approach of the RM of Sherwood," Daniel Schmid, the company's president, said in a prepared statement.

MARCO VIGLIOTTI/METRO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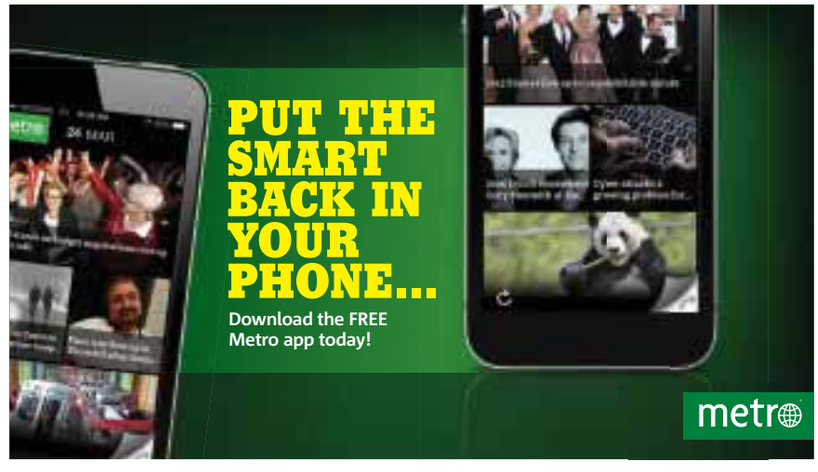

Federal government approves Northern Gateway pipeline plan

$7B proposal. Despite conditional go-ahead from Ottawa, opponents vow project will never see the light of day

The federal government is giving a conditional green light to Enbridge's controversial $7-billion Northern Gateway pipeline project between the Alberta oilsands and the B.C. coast.

A joint federal review panel recommended approval of the 1,177-kilometre pipeline in December, with 209 conditions; the Conservative government has made it clear that finding new markets for Canadian oil is an economic priority.

Within minutes of the announcement, opponents of the project vowed that the pipeline will never see the light of day despite the nod from Ottawa.

"First Nations will immediately go to court to vigorously pursue all lawful means to stop the Enbridge project," said a statement issued by a coalition of B.C. aboriginal groups.

The statement was signed by 28 individual bands and the three main aboriginal organizations in the province: the B.C. Assembly of First Nations, the First Nations Summit and the Union of B.C. Indian Chiefs.

"This project, and the federal process to approve it, violated our rights and our laws. We are uniting to defend our lands and waters of our respective territories," they said.

They said the majority of British Columbians oppose the project, which they said poses an "unacceptable risk" to the environment and health of all people in the province.

"We will defend our territories whatever the costs may be," the statement said.

The decision already faces legal challenges. Several First Nations and environmental groups have filed applications with the Federal Court for judicial review of the report recommending approval.

The Gitxaala and Coastal First Nations have already said they are preparing broader lawsuits against the federal government and/or the company, over aboriginal rights.

The Sierra Club B.C. called the decision a "slap in the face" for British Columbians.

"But ultimately, it changes nothing: The Enbridge pipeline will not get built," said spokeswoman Caitlyn Vernon. THE CANADIAN PRESS

Opponents to the Enbridge pipeline hold signs in Kitimat, B.C., Tuesday. The federal government has given a conditional green light to Enbridge's controversial $7-billion Northern Gateway pipeline project between the Alberta oilsands and the B.C. coast. JONATHAN HAYWARD/THE CANADIAN PRESS

Oil

525,000

The Northern Gateway project would move an estimated 525,000 barrels of petroleum products each day.

Value

$300B

The pipeline is estimated to be worth $300 billion in additional gross domestic product over 30 years. Governments are expected to net an estimated $80 billion in tax and royalty revenues over those three decades.

Territory

50

The 1,200-kilometre pipeline would need to cross the territories of more than 50 First Nations to link Alberta's Athabasca oilsands to a marine terminal on the northern edge of B.C.'s Great Bear Rainforest.

Toronto waits to see if Ford returns a changed man

Toronto Mayor Rob Ford launches his re-election campaign at the Toronto Congress Centre in Toronto on April 17. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Only time will tell whether Rob Ford's stint in rehab has changed him, some of the Toronto mayor's colleagues said Tuesday, just weeks before his scheduled return to city hall.

Ford plans to come back on June 30, according to a letter he sent to the city clerk's office.

The letter says he will return to resume his duties "in the later portion of the afternoon" and asks that his office locks be changed back by 1 p.m.

"I'm hoping that he really seriously applied himself at rehab and he will come back a very changed person," Coun. Paula Fletcher said.

She said city hall has been "calm and scandal-free" in the mayor's absence, a sentiment echoed by other councillors.

"Ever since his departure … things have been very calm, there's a lot of business being conducted, there's a level of civility I believe has re-entered city hall," Coun. Kristyn Wong-Tam said. "It clearly demonstrates to me that when he's here, he's a distraction."

Coun. Janet Davis said it's impossible to know what to expect from Ford.

"I don't want to predict how Rob Ford will behave. I don't think anybody's ever been able to do that," she said. 680NEWS/THE CANADIAN PRESS

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Sherwood

Suspended senator

Alleged victims want to drop complaints: Brazeau's lawyer

The lawyer for suspended Sen. Patrick Brazeau says the alleged victims in an assault and threats case against his client want to withdraw their complaints.

Defence lawyer Gerard Larocque told the court on Tuesday that one of the two people has actually written the Crown about dropping the complaint filed in April. THE ASSOCIATED PRESS

Crushed to death

Cluttered floor collapses on likely hoarder

A 66-year-old Connecticut woman described by police as an apparent hoarder was crushed to death when a floor piled with clutter collapsed into her basement, medical officials said Tuesday. THE ASSOCIATED PRESS

Marine life. Obama plans to ban drilling, fishing in vast swath of the Pacific

Moving to protect fragile marine life, President Barack Obama announced plans Tuesday to create the largest ocean preserve in the world by banning drilling, fishing and other activities in a massive stretch of the Pacific Ocean.

Using presidential authority that doesn't require new action from Congress, Obama proposed to expand the Pacific Remote Islands Marine National Monument, which President George W. Bush designated to protect unique species and rare geological formations. The waters are all considered U.S. territory because they surround an array of mostly uninhabited islands that the U.S. controls. THE ASSOCIATED PRESS

U.S. President Barack Obama waves at the Pennsylvania Air National Guard base on Tuesday, in Coraopolis, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS

The federal Conservative government will cut $1.1 billion from health care funding for Saskatchewan over the next ten years.

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Dual twisters slam town in Nebraska

One five-year-old killed. Rare twin tornadoes send another 19 to hospital

A storm packing rare dual tornadoes tore through a tiny farming town in northeast Nebraska, killing a five-year-old child, leaving grain bins crumpled like discarded soda cans and flattening dozens of homes.

Stanton County Sheriff Mike Unger estimated that 50 to 75 per cent of Pilger, Neb., was heavily damaged or destroyed in the storm. The local school is likely beyond repair, he said.

"It's total devastation," Unger said.

The storm was part of a larger system that started to track across the U..S. midsection Monday afternoon. More stormy weather was forecast Tuesday in an area stretching from eastern Montana to New York. The Storm Prediction Center in Norman, Oklahoma, said powerful winds, large hail and a few tornadoes are possibly, particularly in Iowa, Wisconsin and northern Illinois.

The Stanton County Sheriff's Office said a five-year-old child was killed but did not identify the child further or provide details of the circumstances of the death. At least 19 people were taken to hospitals for treatment.

A man holds a girl after she was pulled from the basement of her destroyed home in Pilger, Neb., Monday. MARK 'STORM' FARNIK/THE ASSOCIATED PRESS

This framegrab taken from a video shows two tornados approaching Pilger, Neb., on Monday. STORMCHASINGVIDEO.COM/THE ASSOCIATED PRESS

Quoted

"More than half of the town is gone — absolutely gone.... It's a complete mess."

Stanton County Commissioner Jerry Weatherholt

Nearby

Tornado touches down in Ontario

More than 30 houses have been damaged, including four with their roofs completely ripped off, in the Angus area by what's being described by Environment Canada as a "probable" tornado.

OPP Sgt. Peter Leon said police received numerous reports of funnel clouds in the area, southwest of Barrie, and an officer on scene said there had been extensive damage to a number of homes between Barrie and Angus.

"At this point I have not been made aware of any injuries," said Leon.

"We are making sure that any of the homes that were impacted have been thoroughly searched and nobody's trapped or stuck inside those homes." TORSTAR NEWS SERVICE

Sodium reduction plan: Take with a grain of salt

Worth its salt? Some in the U.S. are questioning the effectiveness of the FDA's forthcoming voluntary guidelines to reducing salt in food

The majority of sodium Americans consume comes from processed foods and meals, like burgers. GETTY IMAGES

Food companies and restaurants in America could soon face government pressure to make their foods less salty — a long-awaited federal effort in the U.S. to try to prevent thousands of deaths each year from heart disease and stroke.

The Food and Drug Administration is preparing voluntary guidelines asking the food industry to lower sodium levels, FDA commissioner Margaret Hamburg told The Associated Press. Hamburg said in a recent interview that the sodium is "of huge interest and concern" to the agency.

"We believe we can make a big impact working with the industry to bring sodium levels down, because the current level of consumption really is higher than it should be for health," Hamburg said.

It's still unclear when the FDA will release the guidelines, despite its 2013 goal to have them completed this year.

Hamburg said she hoped the agency would be able to publicly discuss the issue "relatively soon." On Tuesday, FDA spokeswoman Erica Jefferson said there is no set timeline for their release.

Health groups would prefer mandatory standards, but say voluntary guidelines are a good first step.

Still, Michael Jacobson of the Center for Science in the Public Interest says he is concerned companies may hesitate, worried that their competitors won't lower sodium in their products.

If that happens, "then FDA should start a process of mandatory limits," Jacobson says.

THE ASSOCIATED PRESS

Hold the salt

Most sodium not from table salt shaker

Americans eat about one and a half teaspoons of salt daily, about a third more than the government recommends, and enough to increase the risk of high blood pressure, strokes and other problems.

Most of that sodium isn't from the salt shaker, but is hidden inside common processed foods and restaurant meals.

Here are some of the saltiest foods, based on 2010 data from the Agriculture Department:

BURGERS AND SANDWICHES: PROVIDE **21 PER CENT** OF AMERICANS' TOTAL SODIUM INTAKE

RICE, PASTA AND GRAIN DISHES: **SEVEN PER CENT**

MEAT, POULTRY AND SEAFOOD DISHES: **SIX PER CENT**

PIZZA: **SIX PER CENT**

DAIRY: **FIVE PER CENT**

CONDIMENTS, GRAVIES, SPREADS AND SALAD DRESSINGS: **FOUR PER CENT**

Market Minute

DOLLAR 92.05¢ (-0.19¢)

TSX 15,055.89 (+15.46)

OIL $106.36 US (-$0.54)

GOLD $1,272 US (-$3.30)

Natural gas: $4.71 US (no change)
Dow Jones: 16,808.49 (+27.48)

America

Retailers to do the math for you

New York's attorney general said Tuesday Costco, CVS, FreshDirect, Walmart and Walgreen have agreed to list unit prices on their websites and mobile apps for shoppers across the U.S. A unit price tells consumers how much a product costs per unit of weight.

THE ASSOCIATED PRESS

Germany

Report: Phones preloaded with spy software

A cheap brand of Chinese-made smartphones carried by online stores comes preinstalled with espionage software, said G Data Software. The German security firm said it found malicious code hidden deep in the propriety software of the Star N9500. THE ASSOCIATED PRESS

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THE MYSTERY OF (NOT-SO) YOUNG ADULT LIT

JUST SAYIN'

Paul Sullivan
metronews.ca

Guilty — that's me — of reading Young Adult novels instead of the latest literary fiction by the latest literary lion or lioness.

I devoured Harry Potter, The Golden Compass, even Hunger Games (although I admit it got a little tedious by Volume Three), while nibbling demurely at some prize-winning tome in which generations of people where it snows a lot have been artistically victimizing each for ... generations.

Don't get me wrong. As a card-carrying English graduate, I fervently support the production of literature. I'm just having a tough time getting through it. And I'm not alone.

The Harry Potter series has sold 450 million copies to date, never mind the movies. Most literary novels are borrowed from libraries and returned, often unread.

This last weekend, The Fault in Our Stars, a movie based on a book about two teenagers in love while both are dying of cancer, outgrossed everything else Hollywood threw at us, including Edge of Tomorrow, the latest Tom Cruise misadventure in advanced ordnance ($66 million US versus $40.5 million). Kids, do you know where your parents are?

In a Publisher's Weekly study cited in a CBC story, 55 per cent of Young Adult books are bought by adults, 78 per cent for their own enjoyment. (Of course, the other 22 per cent could be lying. "I'm just buying this for my daughter!")

Is this predilection for Young Adult fiction evidence of a mass dumbing down or an epidemic of ADD? Well, probably. But I think there's more going on. Yes, Young Adult novels are easier to read. Yes, they usually end in a happy, or at least a satisfactory, ending.

Is that so wrong? It may have something to do with "plot." Say what you will about Harry Potter and his Hogwarts homies, the entire series is driven by an intertwining network of fiendishly entertaining plotlines that keep everyone on tenterhooks until the end of volume eight. Author J.K. Rowling tried her hand at literary fiction with The Casual Vacancy, but Potter fans held their breath and tapped their feet until she came up with The Cuckoo's Calling, a detective thriller she tried to write under a pseudonym. Of course, she was almost instantly uncloaked. "Cuckoo" displays all the page-turning virtues of the Potter series, but it's allegedly written for grownups.

Speaking of plot, A Song of Ice and Fire, the series of books upon which Game of Thrones, the most popular HBO cable series ever, is based, so far features five exquisitely plotted volumes. It also features more sex, incest, gore, betrayal and terror than a Quentin Tarantino grindhouse tribute, so it's definitely not for kids, although with today's kids, you never know.

So you can put this shameful fascination with Young Adult fiction down to a worldwide failure to launch — or maybe a driving plot is the missing ingredient in more-heralded fare. I wish we could ask Charles Dickens, the master of great literature featuring great plots.

But he died, alas, without finishing The Mystery of Edwin Drood.

ZOOM

Sikh chic

In their Kickstarter-funded series The Singh Project, London-based photographers Amit and Naroop profile British Sikh men and show how they embrace both the turban and the times they live in. COURTESY AMIT AND NAROOP

Q&A

'Discipline and spirituality'

AMIT AND NAROOP
London-based photographers

What was the inspiration behind your project? The idea actually came from how beards are now trendy in fashion and mainstream culture. We felt it was pretty interesting to look at it from Sikhism, where the beard — a symbol of discipline and spirituality — has been an integral part of a man's identity for hundreds of years.

Having a beard has gone mainstream. Any hope for the turban? It would be amazing if it did. Young Sikh men are starting to tie their turbans with elaborate cloth, so it's an extension of their style. But I doubt right now that this will catch on with non-Sikhs.

Have British Sikh men always been expressive with their dress sense? The Sikh men we profiled are doctors, watchmakers, designers and architects, and they all take great pride in wearing a turban and beard. But some of the older Sikh men we interviewed described how they had to cut their hair when they first came to England just to be accepted so they could get a job. At the other end, lots of the younger men have embraced the tenets of Sikhism, grown their hair, and left behind their previous false pleasures like drinking, smoking or getting themselves into trouble. METRO

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OK Go strikes again

ANDREW FIFIELD
andrew.fifield@metronews.ca

Music video production house and occasional rock band OK Go has unleashed another single-take (after at least 50 attempts) parlour trick ahead of its Hungry Ghosts album's October release.

Fully embracing its shtick, the gang has graduated from Rube Goldberg devices and treadmill choreography to a funhouse of mirrors, pulleys and other optical illusion trickery. It's pretty cool stuff, and hey, the song isn't so bad, either. (OK Go/YouTube)

SCREENGRAB

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Scan this photo with your Metro News app for an interview with the guys from Jersey Boys

Some films hit all the right notes

Rock 'n' roll reels. Jersey Boys is just the latest film inspired by music's best and brightest

IN FOCUS
Richard Crouse
scene@metronews.ca

Rock 'n' roll and the movies have always had an uneasy relationship. For every film that hits all the right notes, like Quadrophenia or A Hard Day's Night, there's a host of tone-deaf films like Light of Day, featuring Michael J. Fox and Joan Jett as musical siblings, or Sgt. Pepper's Lonely Hearts Club Band, a glam-rock-and-disco re-imagining of the Beatles classic.

Rock 'n' roll biographies are equally hit-and-miss. In The Buddy Holly Story, the toothy Gary Busey earned an Academy Award nomination for his portrayal of the rock legend, but Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."

This weekend, Jersey Boys — directed by Clint Eastwood, and based on the Tony Award-winning musical — tells the story of '60s hitmakers The Four Seasons. Songs like Big Girls Don't Cry, Walk Like A Man and Can't Take My Eyes Off You made them one of the biggest-selling rock acts of all time.

Lesser known than the Four Seasons but louder, faster and dirtier were The Runaways, the subject of a rambunctious 2010 movie. Set back when you could still drink a bottle of stolen booze in the shade of the Hollywood sign, The Runaways focuses on two glue-sniffing, tough girls named Joan Jett (Kristen Stewart) and Cherie Currie (Dakota Fanning) who formed the underage all-girl band. The music of The Runaways was described as the "sound of hormones raging," and this film captures that.

I'm Not There is a hard movie to describe. It's a metaphoric retelling of Bob Dylan's life, but none of the characters in it are called Bob Dylan. Most of them don't look like Dylan, and the one who most looks like Dylan is a woman. Unlike Walk the Line or Ray, which were both standard-issue Hollywood biopics, there is nothing linear here, but then there is nothing straightforward about the man, so there should be nothing straightforward about the movie.

Sex & Drugs & Rock & Roll is the title of eccentric English singer Ian Dury's biggest hit and the 2010 biopic about his eventful life. Starring Andy Serkis, the film is as high voltage as one of Dury's legendary live performances.

Finally, the film Control details the short life of Joy Division singer Ian Curtis (Sam Riley). After seeing the film at Cannes, Curtis's bass player Peter Hook said he knew the movie "would be very well received because, even though it's two hours long, only two people went to the toilet the whole time. In fact, one of them was (Joy Division founding member) Bernard (Sumner). The other one was a 70-year-old woman."

Hits and misses

Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."

Jersey Boys hits theatres June 20. CONTRIBUTED

John Lloyd Young

Riding in cars with Jersey Boys

John Lloyd Young, who won a Tony for his performance of Frankie Valli on Broadway, plays the singer in the big-screen adaptation of Jersey Boys.

Teamed with Tommy DeVito (Vincent Piazza) and Nick Massi (Michael Lomenda), Valli rose from the streets to the studio — and with the addition of songwriter and keyboardist Bob Gaudio (Erich Bergen), from clubs to concert halls as the Four Seasons, one of the top-selling acts in rock history. Hits like Big Girls Don't Cry and Walk Like A Man kept them at the top of the charts but ego, in-fighting and money troubles blew them apart.

Young, Lomenda and Piazza bonded on the third day of the shoot. "We were shooting a scene where we were in the middle of the desert and our car breaks down," Young says. "We end up having to hitch a ride with a farmer and the back of the truck is filled with pigs.

The three of us guys were actually in the back of this truck with a bunch of pigs, doing take after take, and every time the truck started it was like a lesson in pig excretory systems.

"It was a sequence that's been cut from the movie," he says. "But it proved to be a real bonding experience for us."

Young, Lomenda and Bergen are veterans of the stage show, which helped when making the movie.

"Knowledge of that audience reaction is in our head and in every single thing we do as these characters on stage. You cannot forget that when you're doing the same character on-screen. You know how the audience responds, and even though it is just crew guys, (director) Clint (Eastwood) and your fellow actors, you have those instincts in there. The audience is there with you."

Ryan Gosling isn't looking to adopt, as cute as that sounds

Not so fast, Facebook. Nearly one million readers were taken in recently by a bogus story about Ryan Gosling trying to adopt a baby.

An unverified account posted a photo of Gosling laughing with a baby along with a lengthy explanation purportedly written by the Drive star recounting how he'd tried to get custody of an infant because the mother had wanted him to after she died of cancer.

"One year later after the adoption, his biological father wanted him. Of course, I put up a fight, but he won," the post stated. "We have to stop and be thankful for our children and children should stop and be thankful for their parents. What I truly learned most of all is, every child needs love. Save thousands of children and meet me while doing it."

The post included a link to buy limited edition T-shirts and a chance to win a date with Gosling, all in exchange for donations to the Orphanage Home Foundation, which doesn't actually exist. Before it was deleted, the post earned 936,000 likes and was shared more than 51,000 times.

Ryan Gosling ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jason Segel's junk made his mom cry

MELINDA TAUB
Metro World News

Jason Segel's nude scene in Forgetting Sarah Marshall was big news even before the movie came out. Film buffs knew that by purchasing a ticket to the movie, they were also getting a ticket to Segel parading his junk around.

However, one viewer was caught entirely by surprise: Segel's mom.

Jason Segel wrote Forgetting Sarah Marshall in addition to starring in it, so Mrs. Segel had no one to blame but her own son. That did little to take the edge off the traumatic experience. Segel tells Vanity Fair that the famous nude scene made his mom cry.

After she'd recovered from the initial shock, Mrs. Segel decided to make sure others did not go into the experience as unprepared as she had. She sent out a mass email to friends and family that read, "I would like to inform you all that Jason has chosen to do full-frontal nudity; however, it is not gratuitous and is essential to the plot."

Robert Pattinson

Pattinson says he's not headed to a galaxy far, far away any time soon

Robert Pattinson wants to make it very, very clear that he will not be inheriting any iconic roles made famous by Harrison Ford anytime soon.

Separate online rumours had the Twilight star tapped to play Indiana Jones in a series reboot and Han Solo in a stand-alone Star Wars spinoff, but Pattinson himself doesn't know where these stories are coming from, according to Us Weekly. "Why is that coming out? I honestly don't understand what it's all about. Man, I wish," he says in response to the Indiana Jones idea. "It's like all those other B.S. rumours."

As for visiting a galaxy far, far away? "I didn't even know there was a Han Solo spinoff coming out," he says. "Sounds like a cool spinoff. I'll watch it!"

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Scan the photo below with your Metro News app for more images of the art galleries in Pittsburgh.

The artsy side of Pittsburgh

Carnegie to Warhol. Pittsburgh may register as a gritty steel-town in your consciousness, but it's also home to some pretty great art

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

The Andy Warhol Museum is home to 900 paintings, 100 sculptures and nearly 2,000 works on paper. PHOTOS: ANDREW DOBSON/METRO

While Pittsburgh is best known for its steel-town roots, today the blue-collar city taps into its innovative past by providing inspiration to art lovers.

I start my art crawl a short hop, skip and jump from my plush bed at the Fairmont Pittsburgh. The property invites guests to take a walk back in time to explore over 26,000 artifacts recovered from the 2007 excavation of Three PNC Plaza. Objects on display in the hotel's public spaces date from 1840 to 1872, offering visitors a glimpse into what life would have been like here in the mid-1800s. Marvel over antique glass bottles, gilded decorative accessories from France, botanical prints and tiles and cute Kestner dolls.

The Carnegie Museum of Art was made possible by the generous support of Andrew Carnegie, the industrialist who invested his steel-town success in the arts. While most art museums founded at the turn of the last century focused on collections of well-known masters, Carnegie envisioned his museum collection would consist of the "Old Masters of tomorrow." In 1896, he initiated a series of exhibitions of contemporary art and proposed that the museum's paintings collection be formed through purchases from this series. Carnegie, thereby, founded what is arguably the first museum of modern art in the United States, which at the time featured Winslow Homer, James McNeill Whistler, and Camille Pissarro.

Today's collection is distinguished in American art from the mid-19th century to the present, in French Impressionist and post-Impressionist paintings, and in significant late 20th-century works.

Local celebrity Andy Warhol's groundbreaking work has crowned Pittsburgh as the world headquarters for Pop Art. The city's not-to-be-missed Andy Warhol Museum is the most comprehensive single-artist museum in the world, offering exhibitions year-round and displaying never-before-seen artworks from a collection that includes 900 paintings, 100 sculptures, nearly 2,000 works on paper, more than 1,000 published and unique prints, and 4,000 photographs.

Visitors to the museum indulge in a whimsical chronicle of the oddball artist's life, highlights which include childhood sketches, quirky collection of travel paraphernalia, Polaroid portraits of American icons (Liza Minnelli, Diana Vreeland, Arnold Schwarzenegger, Mick Jagger) and an evolution from wildly successful commercial illustrator to pop art superstar.

The Mattress Factory offers the world's most famous installation art experience. Since 1982, the groundbreaking museum has presented new works by more than 600 artists working in residence. The organization is dedicated to providing artists with the space, materials, assistance and freedom to explore new ideas and create works of art that help us see the world in fresh new ways.

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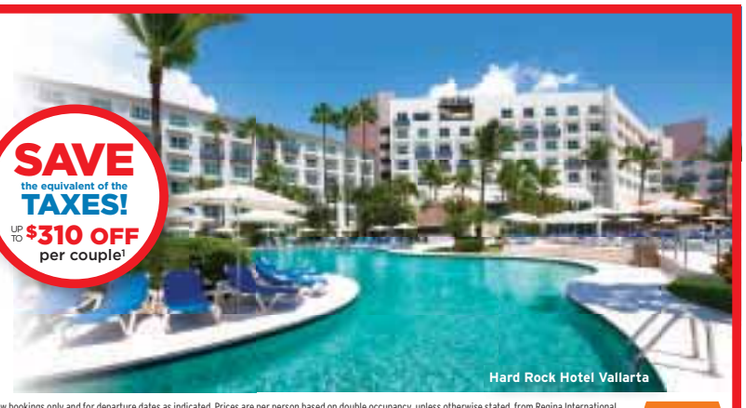
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aeroplan

Slice the bread and cut cooking time

Turkey Bacon Sandwich and Mini Hamburgers. No time to spend in the kitchen? Grab some meat and make it a sandwich night

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Turkey Bacon Sandwich
- 1 slice turkey bacon
- 1 slice whole wheat bread
- 1 tbsp (15 ml) chickpea hummus
- 2 thick slices fresh tomato
- Drizzle of aged balsamic vinegar
- Pinch fresh ground pepper

Mini Hamburgers
- 1 egg
- 2 tbsp (30 ml) ketchup
- 1 small onion, grated
- 1/3 cup (75 ml) whole wheat fresh bread crumbs
- 1/2 tsp (2 ml) dried oregano
- Pinch pepper
- 8 oz (227 g) extra lean ground turkey or chicken
- 8 oz (227 g) extra lean ground beef
- 15 slider mini burger buns

This recipe makes one serving but can be easily doubled. EMILY RICHARDS

This recipe makes 15 mini burgers. EMILY RICHARDS

Turkey Bacon Sandwich

This is a new favourite! It is simple to put together, and even easier to eat. Cook the bacon while your bread is in the toaster, and slice up the tomato. With a splash of balsamic vinegar, the flavour sings out to be made a regular dinner routine.

1. Place bacon on paper towel-lined plate and microwave on high for 20 seconds or until it is hot.

2. Meanwhile, toast bread. Spread hummus on toast, and top with bacon and tomato. Drizzle with vinegar and sprinkle with pepper.

Mini Hamburgers

My kids couldn't stop eating these, and neither could the adults! They're perfect for small hands to enjoy for dinner or tuck into pita halves with lettuce for dinner on the run. You can serve them open face with lettuce and tomatoes for a new twist to dinner.

1. In bowl, stir egg and ketchup. Stir in onion, bread crumbs, oregano and pepper. Add chicken and beef and using hands mix together until well combined. Using scant 1/4 cup (60 ml) of mix, make small burger. Repeat with remaining mix.

2. Place the mini hamburgers on a greased grill over medium-high heat and grill for about 10 minutes, turning once or until no longer pink inside — or until internal temperature of 70 C (160 F) is reached. Place the mini burgers in buns to serve.

What not to do: the resumé edition

Polish off that paper. Make sure that your CV is up to par and won't see the recycling bin

LAUREN MARINIGH
TalentEgg.ca

Your resumé is quite possibly one of the most important documents saved on your computer.

Why?

A resumé is the key ingredient to helping land your dream job.

Here are some things to avoid when you're putting together a resumé.

Missing the specifics

Don't leave an employer guessing. Your resumé is supposed to indicate that you're a good fit for a position, so it must include any relevant information.

Briefly identify the overall function of your role before focusing on specific tasks and accomplishments that connect your skills to the job opportunity at hand. Avoid broad statements that don't communicate specific information.

Don't rely on a job title to catch an employer's eye. While previous experience in a similar role is an obvious asset, employee responsibilities can differ substantially between different workplaces.

Success in the specific

It's a common mistake to use the same objective for every application, or to use one that is too broad.

Leaving out experience

If you're looking for a first professional role or are switching industries, you'll need to rely on a variety of work experiences to position yourself as a compelling new hire.

Don't assume that past work experience in a different field isn't relevant to a position in your industry of choice. If you have limited experience, you need to use every piece to your advantage.

Many skills from other jobs can be transferable. For example, customer service experience can be a great asset in many other career fields.

As you build your resumé, you won't need to use every piece of work experience you have when applying for a new job, but you'll still want to present yourself as a well-rounded candidate.

No employer wants to read a novel about you, no matter how relevant your past experience may be. ISTOCK

Going overboard

A resumé should never exceed two pages — and if it is kept to one page, that's even better.

Resumés are meant to showcase your experience and accomplishments, and although many applicants can talk for days about their background and job experience, it is important to keep a resumé short and to the point.

Depending on the role you're applying for, you may want to use a completely different format for your resumé, removing or including sections based on the information you want to present.

Mismatching an objective

Not all resumés include an objective. Make sure that you're only using one if it's a good fit for the opportunity that you're pursuing.

It's a common mistake to use the same objective for every application, or to use one that is too broad — for example: "I am seeking full-time employment."

An objective should be directly related to the job you are applying for, and should change with every single one of your job applications. Note that including an objective is an often-debated topic. If you are having trouble writing one, it's safer not to include one at all.

Don't downplay design

If you are applying for positions in marketing or graphic design, getting creative with your resumé is a great way to show off your skills.

- For a more traditional role or in a conservative industry, it's best to stick to a crisp, professional layout.
- You don't need exceptional design skills to compose a beautiful resumé. A quick search online can get you started with some simple examples that will help you design your own from scratch.
- A resumé should be clean, eye-catching and easy to read. Do not over-complicate your application by getting too experimental with your design — but it's okay to have some fun with it.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Porto Feliz

Police investigate gunshot-like sound

Brazilian authorities are investigating whether a gunshot was fired near a hotel where the Honduran national soccer team arrived to stay a few hours later, police said Tuesday.

A police officer, who spoke on condition of anonymity because he wasn't authorized to talk to the press, in the town of Porto Feliz in Sao Paulo state said it's unclear if the sound heard in front of the hotel was an actual gunshot, fireworks or even a car backfiring.

He said no spent cartridge was found in the street and neither the Transamerica Hotel nor nearby buildings showed signs of being hit by a bullet. THE ASSOCIATED PRESS

On the mend

Reinforcements on the way for Italy

Goalkeeper Gianluigi Buffon and fullback Mattia De Sciglio have resumed training and Italy is nearing full strength at the World Cup.

Midfielder Daniele De Rossi and centre back Andrea Barzagli also returned to full training Tuesday after skipping a day of practice with minor problems.

Buffon and De Sciglio each missed Italy's 2-1 win over England on Saturday. THE ASSOCIATED PRESS

Spain

State prosecutor drops Messi from tax fraud case

Lionel Messi's public relations firm says a Spanish state prosecutor has agreed to drop the Argentinian footballer from a tax fraud case involving Messi and his father, Jorge. THE ASSOCIATED PRESS

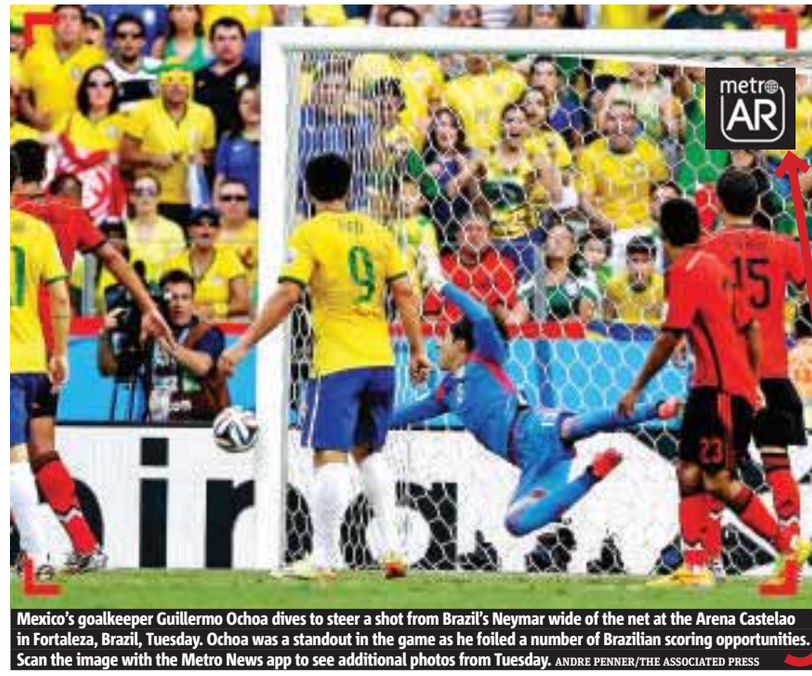
Croatia distracted

"If those photos were not published, they would be thinking about Cameroon."

Robert Kovac, Croatia's assistant coach, says his players aren't focused on their next opponent; instead they're lamenting the publication of photos showing some of them bathing nude poolside.

Mexican keeper's star shines bright

Brazil, Mexico held scoreless. Host's scoring chances repeatedly stopped by Ochoa



Mexico's goalkeeper Guillermo Ochoa dives to steer a shot from Brazil's Neymar wide of the net at the Arena Castelao in Fortaleza, Brazil, Tuesday. Ochoa was a standout in the game as he foiled a number of Brazilian scoring opportunities. Scan the image with the Metro News app to see additional photos from Tuesday. ANDRE PENNER/THE ASSOCIATED PRESS

He was called a hero and a saviour by his Mexican teammates. His Brazilian opponents said he produced miracles.

There is no doubt that Mexico goalkeeper Guillermo Ochoa was the one responsible for spoiling Brazil's hopes of another World Cup win at its home tournament.

Ochoa made a series of outstanding saves to help his side hold Brazil to a thrilling 0-0 draw on Tuesday.

The result left the teams with four points each after two games in Group A, but Brazil is ahead on goal difference going into their decisive final matches. Croatia and Cameroon meet on Wednesday for their second games after both opened with defeats.

"We can't avoid talking about their goalkeeper," Brazil striker Fred said. "He came up with at least four miracles."

Ochoa's first remarkable save prevented Neymar from scoring in the 26th minute. The Brazil striker's powerful header looked set to fly just inside the post when the goalkeeper dived to his right to push the ball wide.

Ochoa also made three other difficult saves to keep the hosts from breaking the deadlock — a shot by Paulinho in the 44th, a second-half effort by Neymar from inside the area and a close-range header by Thiago Silva in the 86th minute that produced a remarkable block by the Mexico goalkeeper.

"It was the match of my life," said Ochoa, who was visibly moved after the match. "To do it in a World Cup, in front of all the fans, it's incredible."

Mexico captain Rafael Marquez said Ochoa was the "saviour" and coach Miguel Herrera called him the "hero" of the match.

"He did what we expected him to do, he came up with extraordinary saves," Herrera said. "I can't remember another Mexican goalkeeper doing such a great job in the World Cup."

A win by either team would have guaranteed a spot in the next round if Cameroon and Croatia were to draw in the jungle city of Manaus. THE ASSOCIATED PRESS

Upset thwarted. Belgium bench nets two 2nd-half goals in comeback win

Belgium opened its World Cup campaign with a 2-1 comeback win over Algeria on Tuesday, relying on second-half goals from two substitutes after a tense start in Group H.

Algeria opened the scoring with a penalty in the 25th minute and the surprising lead stood for 45 minutes until Marouane Fellaini's strong glancing header, with his back to goal, from a Kevin De Bruyne cross.

Dries Mertens' right-foot strike beat Algeria's goalkeeper in the 80th. THE ASSOCIATED PRESS

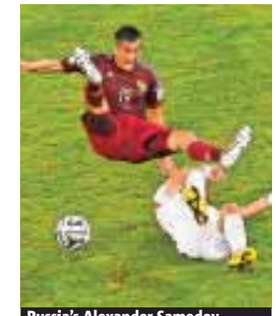
Belgium's Axel Witsel wins a header in a match against Algeria in Belo Horizonte, Brazil, Tuesday. HASSAN AMMAR/THE ASSOCIATED PRESS

Goalie gaffe. Russia overcomes error to pull even with South Korea

Alexander Kerzhakov scored with one of his first touches after coming on as a substitute to earn Russia a 1-1 draw with South Korea on Tuesday in a World Cup match marked by the first big goalkeeping error of the tournament.

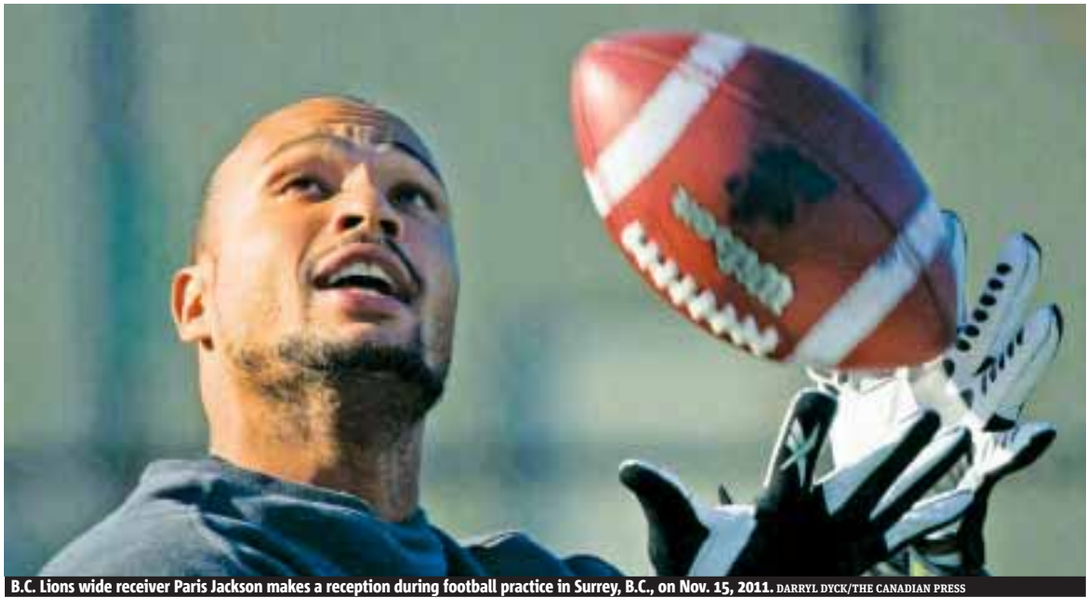
Russia goalkeeper Igor Akinfeev spilled Lee Keunho's speculative shot into his own net to gift South Korea a 68th-minute lead at the Arena Pantanal in Cuiaba in Group H.

But Kerzhakov bailed his teammate out, turning in a shot from close range in the 74th minute to rescue a point for Russia. THE ASSOCIATED PRESS



Russia's Alexander Samedov collides with Ki Sung-Yueng of South Korea on Tuesday. CHRISTOPHER LEE/GETTY IMAGES

4 SPORTS



B.C. Lions wide receiver Paris Jackson makes a reception during football practice in Surrey, B.C., on Nov. 15, 2011. DARRYL DYCK/THE CANADIAN PRESS

Former Lion in search of fresh start

Chip on his shoulder. Jackson looks to bounce back and make an impact with the Redblacks

Paris Jackson says the way his time with his hometown B.C. Lions ended left him with a chip on his shoulder.

Now, after 11 seasons in Vancouver, Jackson is heading east to rejuvenate his career.

The 33-year-old wide receiver signed with the expansion Ottawa Redblacks in the off-season looking to prove he's still capable of making a valuable contribution both on and off the field.

"That's why I came here," Jackson said. "My family knew I wasn't too happy in Vancouver anymore, not having a role and not really knowing what was going on and just playing kind of spur of the moment and not getting many reps.

"I needed a new spark in my career."

Jackson was one of the Lions' most consistent receivers. His best season was in 2008 when he caught 76 passes for 1,180 yards and eight touchdowns, and was named a CFL West all-star.

In 2009 Jackson moved to slotback, and recorded his second straight 1,000-yard season.

In 2010 Jackson saw his receiving numbers decrease as he was hampered by injuries, and from that point on was relegated to a backup role with the Lions, leading to frustration and disappointment.

While his role with the Redblacks has yet to be determined, head coach Rick Campbell says he's been impressed with Jackson's work both on and off the field.

"He's in a competition to win a job and he's been doing a great job so far both on the field with his play and trying to be a leader trying to lead the way for some of the younger guys," said Campbell. "He's looking good. Paris has been a good player in this league for a long time and I don't think he's done yet."

Retribution can be a great motivating factor and it's clear Jackson wants to prove he's still a playmaker.

"I have a chip on my shoulder," Jackson said. "I wasn't beat out in Vancouver. They just gave someone my spot. Coming off an 800-yard season and two back-to-back seasons of 1,000 yards and they just gave a young guy my spot. I'm old-school and believe you should have to earn my spot."

THE CANADIAN PRESS

MLB. Blue Jays' Navarro swept up in Messi Mania

Before every game this season, the first thing Blue Jays catcher Dioner Navarro does when he arrives in the clubhouse is change out of his street clothes and into a Lionel Messi jersey.

Early in the season it was the red-and-blue stripes of Barcelona, Messi's club team. But about two weeks ago, Navarro, a Venezuelan, switched to the baby blue of Team Argentina, Messi's home country.

Navarro is unabashed in his fandom.

"My wife hates soccer, my wife hates Messi," he said. "She says, 'I don't know why in the hell you got to get so crazy when Messi is playing.' I can watch all the soccer games, all day, but when Messi's playing, man, I'm locked in. Nobody talks to me. If you say a word to me I might punch you in the face."

For Navarro, it is like being a kid again. He said he has been a diehard Barca fan since he was just four or five years old.

"Back home, we didn't have the most money in our family, so we only had the local channels. Everything on the local channels was how many people died, how many people were killed, you know? Politics, all that stuff. So every time we had the opportunity to see a sport, whichever sport it was, we watched it."

Navarro was already a big fan in 1999 when his brother Dewis moved to Spain to play semi-pro baseball for a team that shared the same owner as FC Barcelona, taking Dioner's fandom to a new level.

TORSTAR NEWS SERVICE

Lionel Messi super-fan — and Jays catcher — Dioner Navarro. TORSTAR NEWS SERVICE

Jays in New York

- Go to metronews.ca to find out how the Jays fared in Tuesday night's series opener against the Yankees in New York.

NBA

Mitchell joins Saunders' staff

The Minnesota Timberwolves have named Sam Mitchell an assistant on coach Flip Saunders' staff.

The former Raptors coach played for the T-Wolves in 10 seasons, including seven years during Saunders' first stint as coach. THE ASSOCIATED PRESS

NFL

Texans turn to Fitzpatrick at QB

The Texans have a starting quarterback. Now they need star receiver Andre Johnson back in the fold.

New coach Bill O'Brien named Ryan Fitzpatrick the starter, an announcement overshadowed somewhat by Johnson's absence Tuesday. THE ASSOCIATED PRESS

Olympic silver-medal curler Bernard retires

Cheryl Bernard was in the international spotlight during the 2010 Olympics in Vancouver. CHERYL BERNARD/GETTY IMAGES

Cheryl Bernard feels she could still compete at an elite level for the next year or two.

She's just unsure whether she could still do it for a four-year Olympic cycle.

That was one of the reasons why she announced her retirement from competitive curling on Tuesday, ending a career highlighted by four appearances at the national championships and an Olympic silver medal at the Vancouver Games in 2010.

"When you've been there, that's really all you want is to get back," she said from her hometown of Calgary. "It's a funny thing, so I realize that."

Bernard, 47, said she started to seriously consider retirement after losing the Alberta provincial final to Val Sweeting last January.

"I really had to sit down and think," she said. "We came so close and that was a heartbreaker. Funny, I've lost a few of them. And that one was without a doubt the worst."

Bernard skipped Team Alberta at the Scotties Tournament of Hearts in 1992, 1996, 2007 and 2009. The best result for the Grande Prairie native was a runner-up finish in 1996 at Thunder Bay, Ont.

One of her most memorable victories came more than a decade later as she defeated Shannon Kleibrink in the final of the Olympic Trials in 2009 at Edmonton.

At the Games, Bernard and her team took top spot in the round robin at 8-1. They defeated Switzerland in the semi-final before dropping a 7-6 decision to Sweden in the final.

THE CANADIAN PRESS

After curling

Now that she's retired, Bernard plans to spend more time with her family and continue charity work and public speaking endeavours.

- She recently completed her first marathon and plans to work with World Vision and climb Mount Kilimanjaro to help children in Third World countries.

2014 Jeep Wrangler

- **Type.** Two-door, convertible SUV. Rear-wheel drive with full 4X4 capability.
- **Engines (hp).** 3.6-litre V6 (285)
- **Transmissions.** Six-speed manual, 5-speed automatic
- **Base price (incl. destination).** $23,195

Market position

• Two-door Wrangler is the purest successor to the original 1941 Jeep.
• Sport 4X4 is the least expensive Wrangler, appealing to both budget-strapped adventurers, and serious off-roaders, the latter using it as a base to which they will add all manner of personal-preference upgrades and touches.

Points

• Powerful V6 engine for its size.
• Only vehicle that encourages you, and makes it (relatively) easy for you, to take off the doors and windshield.
• Heavy-duty part-time 4X4 means you engage it only when you need it
• Acceptable road manners, considering its off-road prioritized components and design.

The Jeep Wrangler boasts that classic Jeep appearance.

• Inside is tight, and features lots of right angles.

Safety

Standard airbags; standard front/rear disc brakes with ABS and hydraulic-assist booster; standard traction control and stability control with Hill Start Assist; Electronic Roll Mitigation and Trailer Sway Control; tire pressure monitors; fuel tank and transfer case skid plates; fog lamps and halogen headlamps

DRIVE

With this car, it's hip to be square

Review.
A modern model with the essence of the 1941 Jeep, a bit cramped but off-road ready

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

Like its famous predecessors, the 2014 Jeep Wrangler Sport 4X4 has more right angles than an aluminum garden shed, and tight accommodations for anything more than two adults and their duffle bags. For the record, it seats five, but I'm thinking the rear-seat people have to be well acquainted.

But that's what you get when you're careful about not diluting the essence of that original Jeep, created in 1941 and made famous during the Second World War, and afterwards, as the world's first off-road vehicle.

The square and flat sheet metal ensures its appearance is true to those classic Jeeps, and the equipment and design is still prioritized for off-road use.

At this juncture in its long lifespan, however, a lot of people are buying this Jeep for use in the urban jungle, because of its cool factor and distinctive features. That's how I chose to spend my time with this particular test vehicle — on missions to the inner city.

With one notable caveat, the two-door Jeep Wrangler is a surprisingly capable tool for negotiating such terrain. It's got the tall-in-the-saddle view as afforded by all SUVs, a super-tight turning radius, and its shortness is great for parking and jockeying for position on congested streets.

It's got standout looks, and its fun factor, which is high to start with, can be upped by removing the soft top, and/or even the doors.

Wrangler also features a very modern powertrain — the gutsy 3.6-litre V6 with 24 valves and variable valve technology, mated to either a six-speed manual or five-speed automatic transmission.

Our "Sport" trim tester had the standard six-speed manual. At $23,195 (including destination charges) it's the least expensive Jeep Wrangler on offer, and features a satisfying blend of "just the basics," including roll-up windows, "wash out" interior, and of course, the part-time 4X4 system, with a transfer case that enables you to select 2WD High, 4WD High, or 4WD Low (the latter for going up trees and things).

The big caveat to using this interesting device on city streets is a choppy ride and lots of body action, courtesy of those heavy and "live" front and rear axles, the small wheelbase, and the high centre of gravity. But this edition of the Wrangler is quite modern.

Compare PHOTOS: CONTRIBUTED

1 Nissan Xterra
Base price: $35,248
Truck-based and a bit crude and thirsty, but like the Jeep, very off-road capable.

2 Toyota FJ Cruiser
Base price: $36,230
Closer in size to four-door Jeep Wrangler, but equally retro and off-roady.

3 Land Rover LR4
Base price: $61,460
When you need to go off road, but prefer the amenities of business class.

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Learn the process behind all those buttons and dials. CONTRIBUTED

Think your A/C is just a breeze? It's a bit more complex than you think

Cool it, we're getting to the important part.
Engines play big role in vehicle climate control

JIL MCINTOSH
drive@metronews.ca

Your car's climate system seems simple enough: turn it up for more warmth, turn it down to stay cool. But as you might expect, what's behind it is much more complicated.

"The heating system uses a heat source that warms up a liquid, and there's a fan that pours the heat into the cabin," says Hayato Mori, senior manager of product planning and business development for Honda Canada.

In most cars, that source is the engine, which gets so hot it has to be cooled down, usually to around 95 Celsius. Coolant, a mix of antifreeze and water, is pumped into the engine to absorb the heat. It then flows into the radiator, where it cools down before recirculating into the engine again.

But on its travels, coolant also flows into the heater core, which looks like a miniature rad and is located deep in the dash. When you turn on the heater, a fan blows across the hot heater core, sending this warmed air into the cabin.

A temperature blend door, controlled by a thermostat, opens or closes to direct more or less heat into the cabin as needed. If full heat isn't required, another door opens to vent the excess outside.

Air conditioning is even more complex. It's a closed system filled with a gas, called Freon, that flows through and is alternately subjected to high and low pressure.

This changes it to a very cold liquid. It flows into the evaporator, a component that's basically the cold equivalent of the heater core, where a fan blows over it to send cool air into the cabin. The Freon then becomes a gas again, and the process starts all over.

In hot weather, you'll often see water dripping under your car. It's condensation from the cold air-conditioning components, and nothing to worry about. But get your vehicle checked if you see coloured liquid — usually green or yellow — which means you're losing coolant.

"There's a lot of plumbing involved, and a tiny hole anywhere will bring down the whole system, so it's important to get this checked according to the vehicle's maintenance schedule," Mori says.

An air conditioning leak will simply leave you sweating in hot weather, but a coolant leak could lead to overheating and potential engine damage.

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Horoscopes

♈ Aries
March 21 - April 20
You can't control your destiny every minute of every day, so let fate take its course. Unsettling things may happen over the next few days, but that doesn't mean they'll be bad for you.

♉ Taurus
April 21 - May 21
Even if you're the kind of Taurus who keeps your emotions under control you will be much more outgoing than usual today. There are so many good things going on in your life that you've got to tell the world.

♊ Gemini
May 22 - June 21
Be considerate of others' feelings and there is no limit to what you might achieve. You need to realize that everyone has a different destiny to fulfill.

♋ Cancer
June 22 - July 23
Drop your Cancerian guard and open up. An excellent link between Venus, planet of harmony, and Jupiter in your sign indicates you will meet remarkable people over the next 24 hours. Be sociable.

♌ Leo
July 24 - Aug. 23
Everything is going so well for you that you are even prepared to forget long-running feuds with colleagues and relatives. Make the most of it as it's unlikely to last, but while it does you'll feel great.

♍ Virgo
Aug. 24 - Sept. 23
Socially and romantically this is one of the best times of the year for you, so don't let anyone burst the bubble of optimism that surrounds you. Your positive attitude will attract like-minded people.

♎ Libra
Sept. 24 - Oct. 23
Be generous with your time and money. Don't give away all your worldly goods but the planets indicate that if you show kindness to someone in need now the favour will be returned many times over.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the sort of Scorpio who likes to stick with tried and tested methods try to be more adventurous over the next 24 hours. Take a chance on love too. A new attraction could sweep you off your feet.

♐ Sagittarius
Nov. 23 - Dec. 21
The best way to avoid an unpleasant situation is to pretend it does not exist. You are not in the mood for confrontation and there is no cosmic law that says you have to face situations or people.

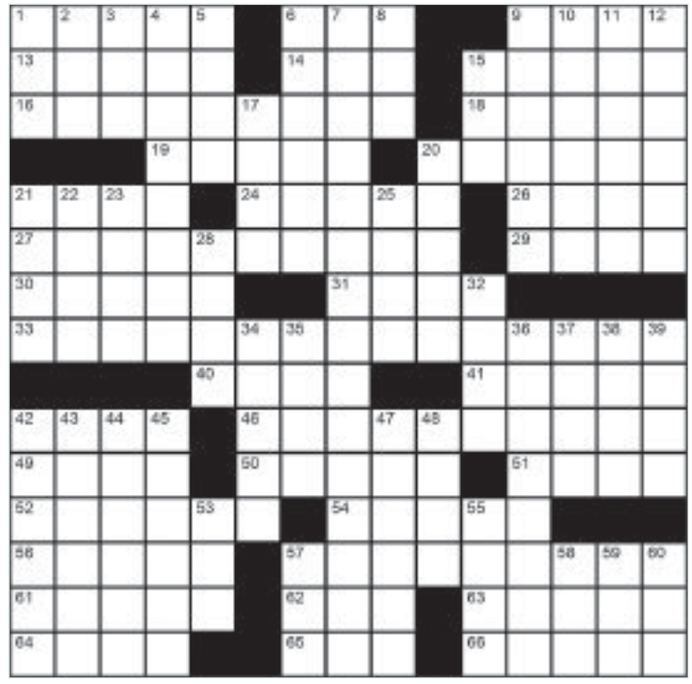
♑ Capricorn
Dec. 22 - Jan. 20
A Venus-Jupiter link is about as good an influence as you could hope for, especially where your love life is concerned. One person you meet today could become more than just a friend.

♒ Aquarius
Jan. 21 - Feb. 19
If you feel you are not being appreciated enough in your current job then start making plans. Could you be making more of your talents elsewhere? Be open to new possibilities.

♓ Pisces
Feb. 20 - March 20
Someone you meet on your travels today or tomorrow is destined to play a role in your life over the next few months. Don't be too defensive when meeting people. SALLY BROMPTON

Crossword: Canada Across and Down

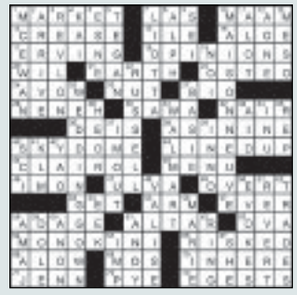
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Coco __, Canadian model
6. Canuck financial inst.
9. Sink problem
13. Up to
14. Victor Hugo play, __ Blas
15. Silent film star Ms. Bara (b.1885 - d.1955)
16. Esquimalt, on the West Coast ...or... Halifax, on the East Coast: 2 wds.
18. Stair part
19. Create a carpet
20. Saskatchewan community; or, actor brothers Matt or Kevin
21. She, in Spain
24. Prefix to 'science'
26. Wrinkle
27. Earth's power-creating heat, __ energy
29. Today, tomorrow ...tiny-ly
30. __ __ fence (Not yet sure)
31. How some music is stored, ___ _ _
33. Water between Vancouver Island and mainland BC: 3 wds.
40. Suspire
41. Actress Ms. Palmer
42. New newts
46. __ Falls on Manitoulin Island in Ontario; or, Wedding gown accessory: 2 wds.
49. Purchasing place
50. Kisses: Spanish
51. Wide shoe widths
52. Alberta's 'Centennial City'
54. One who attempts
56. Boucherville 'book'
57. Lise Watier products
61. Foe
62. "__ you sure?"
63. "Well, obviously, Sherlock!": 2 wds.
64. Predicament
65. St. John's International Airport code
66. Sneering

Down
1. Flee
2. ___ hunch
3. CBC rival
4. 1855: The Song of __, by Henry Wadsworth Longfellow
5. Ballet move, Pas __
6. More courageous
7. Attraction in Gatineau, Quebec: Canadian __ __ __
8. "__ Como Va" by Santana
9. Canadian pianist Mr. Gonzales
10. First name of Canadian songstress Feist
11. Theatres
12. Red gemstone
15. Numerical prefix
17. Scourge
20. Fashion: __ & Gabbana
21. Characters' selves
22. Loaned
23. Movie trilogy directed by Peter Jackson, to fans
25. Buzzed or belled
28. "Who does he think ___!?!"
32. Classic toy
34. "They Call Me Mister __!" (1970)
35. Fiend
36. Manitoba village, 'The Interlake's Best Kept Secret'
37. Merriment
38. Eurythmics' "Would _ __ to You?"
39. Afflicts
42. Symbol
43. Flour: French
44. Hidden treasures
45. __ out (Leaves in a huff)
47. Cape __, Nunavut
48. "__ __ sure you know..."
53. Tonality
55. Poetic nights
57. Islet
58. Forest's Oscar-winning role
59. Mooer's mouthful
60. Any ship

Yesterday's Crossword



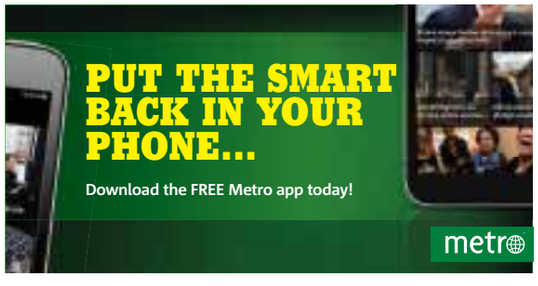
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		9		2			8
				5		3		4
				3		2	7	
	4						2	7
			7		5			
3	7						1	
	8	6		9				
9		7		8				
1			6		4		3	

Yesterday's Sudoku

5	7	6	1	9	3	2	8	4
3	8	9	4	6	2	1	7	5
4	1	2	5	7	8	3	6	9
7	3	8	9	5	4	6	1	2
1	9	5	7	2	6	8	4	3
2	6	4	8	3	1	5	9	7
9	2	7	6	8	5	4	3	1
6	5	1	3	4	7	9	2	8
8	4	3	2	1	9	7	5	6



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